



NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

www.oli.fsu.edu

JULY-AUGUST 2018

OLLI CITED FOR ITS EFFORTS IN SUPPORT OF FSU'S "RAISE THE TORCH" FUNDRAISING PROGRAM

Florida State University is reaping the benefits of its fundraising efforts, including its eight-year "Raise the Torch" campaign, and FSU's OLLI has been cited for its contributing efforts toward the success of the campaign. In a recently published article in the Tallahassee Democrat, FSU noted that "\$2.5 million has been earmarked for the Osher Lifelong Learning Institute (OLLI), with \$2 million coming from the Bernard Osher Foundation and \$500,000 from local OLLI members. The Raise the Torch campaign – which had an announced closing date of June 30th – has surpassed its \$1 billion goal.

The total will be announced on Sept. 21 when FSU celebrates with an invitation-only bash at Ruby Diamond Concert Hall for the campaign's largest donors.

"At FSU, we celebrate all of this philanthropy for higher education in Florida, and we are grateful for the commitment of so many people who support learning, research, innovation and public service at our campuses," Tom Jennings, Vice President for University Advancement and President of the FSU Foundation, said.

OLLI TIMES TO CHANGE DEADLINE AND PUBLICATION DATES IN SEPTEMBER

The OLLI Times will change its deadline and publication dates to better reflect coverage for a complete month, according to Co-Editor George Waas.

The idea for a monthly publication was raised by OLLI Director Debra Herman to Waas last December. "The reason we started with a deadline of the 15th and publication date of the 20th was so that we could begin publication in January of this year. But with these dates, each edition would cover roughly a third of one month and two-thirds of the following month. This wasn't conducive to a monthly publication that truly covered all events and activities for that particular month," Waas noted.

"Beginning in September, the deadline will be the 25th for the October edition,

with the target publication date the first of the month. However, depending on when the first of the month occurs, publication may be the first workday of the month, or perhaps even the last workday of the previous month," he said, noting that October 1 falls on a Monday, which is the first workday of the month. "Of course, I will send out notices of the deadline on the 15th and 20th of each month to give those who want to submit an article plenty of advance notice," he added.

"With this shift, the Times will reflect information that covers the entire month without the necessity of covering parts of two months," Herman said. "This will be more in keeping with the plan for a true monthly publication," she added.



...FROM THE PEPPER INSTITUTE

The Pepper Institute on Aging and Public Policy – with support from the Claude Pepper Center, the College of Social Sciences and Public Policy, and Osher Lifelong Learning at FSU – sponsors weekly "Aging Today" segments on 88.9,

WFSU-FM NPR. Airing each Tuesday at 3:04 p.m., the one-minute segments highlight critical aging-related trends, issues, and policies, with an emphasis on social science research. Here's a recent Aging Today question:

HOW DO PETS AFFECT OUR WELL-BEING IN LATER LIFE?

By Anne Barrett, Professor of Sociology and Director of Pepper Institute on Aging and Public Policy

Human companionship is central to living long, healthy, and meaningful lives. Some of the same benefits can be gained from our furry friends. Pets offer routine and structure for daily life that can motivate healthy behaviors, like exercise. Pets can really get us moving – dog owners walk about 22 extra minutes a day. Pets also can enhance our social connections. One study found that 40 percent of pet owners reported having received social support from

someone they met because of their pet. Other studies find that older pet owners maintain their independence longer, cope better with stressful events, and have a lower risk of death from heart disease. One study, for example, found that pet owners' blood pressure was less reactive to – and recovered more quickly from – stressful situations. Why all these benefits, especially for older adults? It may be that pets give unconditional affection and allow us to nurture and feel needed.

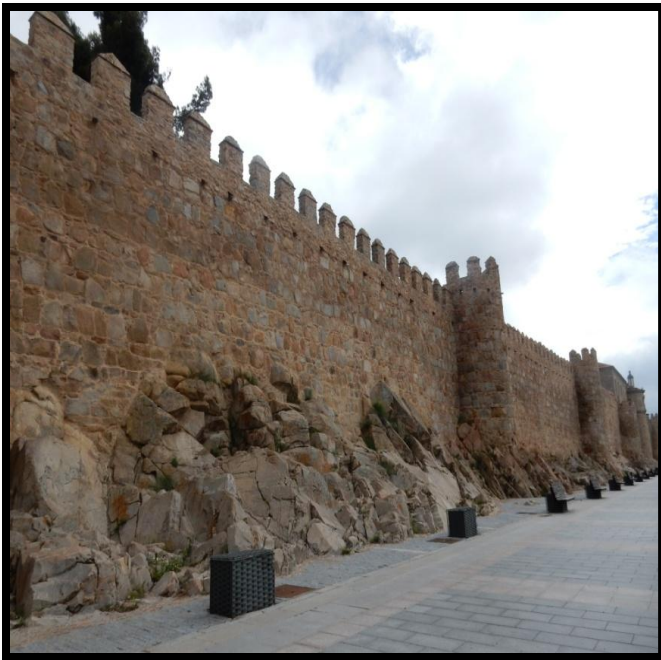
If you have an idea for an Aging Today question, send it to aging@fsu.edu

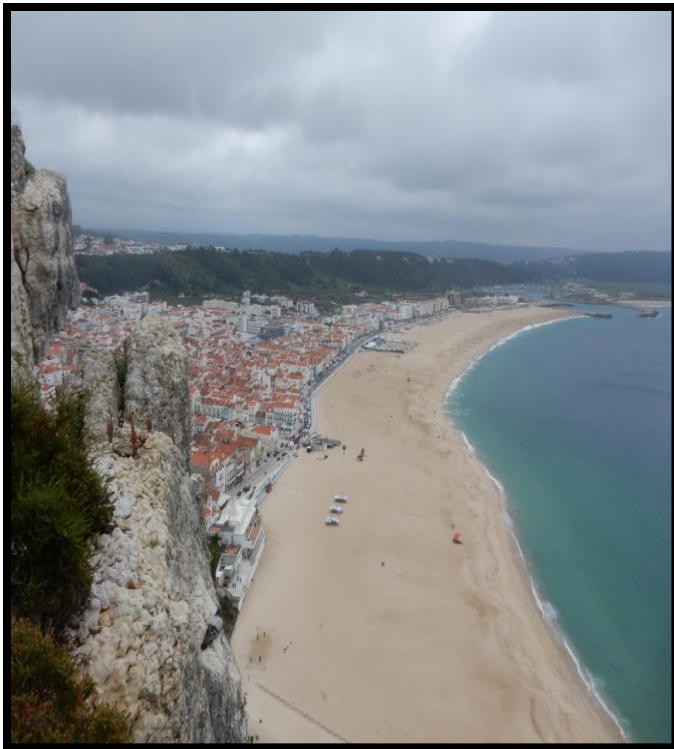
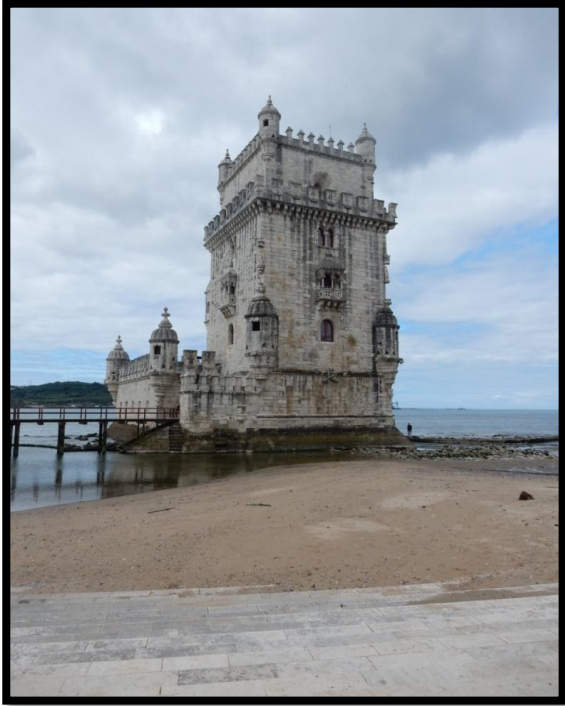
PICTORIAL HIGHLIGHTS OF THE "STUDY ABROAD" TRIP TO SPAIN AND PORTUGAL

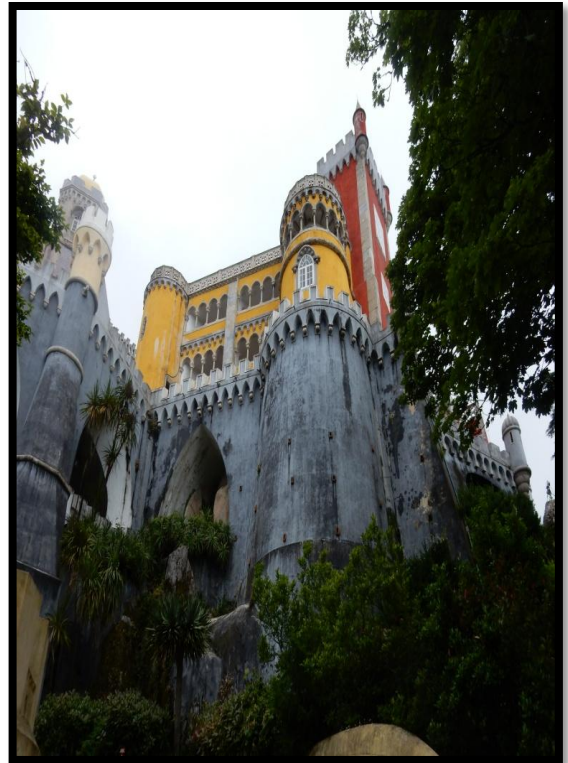
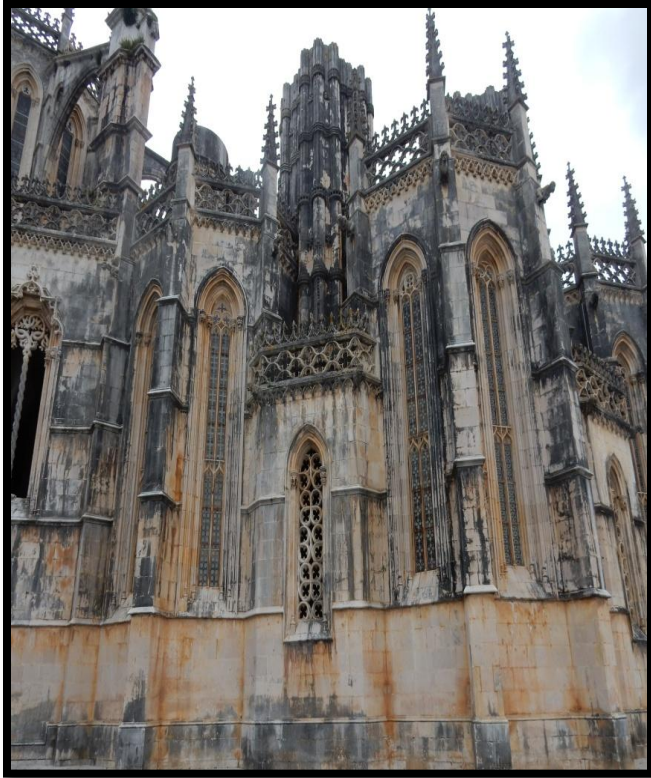
Below are some pictures taken during the "study abroad" journey to Spain and Portugal. These photos are of particular

interest in light of the article on the health benefits of travel that follows.









THE OLLI LIMELIGHT SHINES ON...

DENISE ZABELSKI-SEVER **OLLI MEMBER REPRESENTATIVE & SOCIAL** **COMMITTEE CHAIR**

This month, the OLLI limelight focuses on Denise Zabelski-Sever, who is OLLI Member Representative and Social Committee Chair.

To get to know Denise better, the Times asked her to answer the following questions:



1. What was your occupation or profession, and for how long?

I worked for 15 years, as the Leon County School Administrative Office Graphic Designer. My career continued at Deerlake Middle School as the Graphic Arts Teacher for 6th, 7th, and 8th grade students. I retired from the Leon County School System with 35 years of service.

2. What brought you to OLLI?

My sister! With one more year of teaching left, my sister gave me a birthday gift of an OLLI Membership. 2013 was my first OLLI Study Abroad Trip. Traveling to London with wonderful people and experiencing marvelous places, I became hooked. OLLI was now going to be my new special routine. I have been a member since fall of 2013.

3. What is your favorite TV show?

I am addicted to TV series: Game of Thrones, WestWorld, Reign, Downton Abbey, and Victoria. I also enjoy cooking and home design shows.

4. What is your favorite movie?

I hate to admit it but I enjoy all the J.R.R. Tolkien films the Lord of Rings Trilogy. Star War Films and Guardians of the Galaxy films are also very entertaining.

5. What is your favorite thing to do in Tallahassee?

I enjoy walking all the wonderful pathways and trails. I love to kayak in surrounding waterways and go on trips to the beaches. Concerts are always a delight, I love to listen to live music.

6. What book are you currently reading?

I just finished “The Last Resort” by Douglas Rogers and am now reading The “Pilgrimage” by Pavlo Coelho.

7. What is your hobby?

I have many activities that I enjoy; creating driftwood and cork crafts, jewelry making and repair. Painting and gardening are also a passion. Traveling has also become a great hobby now that I am retired.

8. Where would you like to go on a dream vacation?

Australia, my father was stationed there during the war, and he loved the country. He always wanted to take his children.

9. People would be surprised if they knew this about you.....

County’s all over the State of Florida needed vocational teachers. To fix the situation county schools were able to certify vocational teachers. I became the first female in the state of Florida to become vocational county certified.

SPECIAL TO THE TIMES

HEALTH BENEFITS OF TRAVEL

When they finally reach retirement age, many people catch the travel bug. Without having to worry about vacation time, the world can be your oyster (provided you have the savings to do it). Even if you can’t afford trips around the world, research has shown that traveling (near or far) is a boon for mental and physical health. Seniors in particular can benefit from the mind-and-body workout that traveling requires. If you’ve reached retirement age, adding some travel to your bucket list should be a definite must.

The Mental Benefits of Travel

For one thing, travel is good for the mind. A paper titled “Destination Healthy Aging: The Physical, Cognitive and Social Benefits of Travel” recently highlighted some of the mental benefits that travel can bring to seniors. Things like navigating new cities, exploring museums, having conversations with new people, practicing new languages and seeing new sights can flex the mental muscles, keeping seniors’ brains active and engaged.

There's also the relaxation component. One might think that retirees aren't short on relaxation time, but their lives are often full of social, professional and familial events. "With a short list of activities each day, freed up from the complexities of ongoing projects and relationships, the mind can reset, as does the body, with stress relief the main outcome," Dr. Margaret J. King, director of the Center for Cultural Studies & Analysis, told US News.

The Physical Benefits of Travel

Seniors can also benefit from the physical activity that often accompanies travel. Whether it's walking around museums, jaunting around new cities to see the sights or taking public transit, there are lots of physical challenges that accompany travel. These challenges can help keep seniors healthy and in shape, so long as they don't push themselves too hard. US News report that tourists often walk up to 10 miles a day while traveling.

Safety Tips for Traveling Seniors

In order to stay healthy while traveling, seniors need to be diligent about taking care of themselves before, during and after their

trips. Here are some tips for keeping your travels healthy and fun:

- Check with your doctor before you go anywhere. Even if you're just traveling to a town an hour away, it's good to let your doctor know what activities you'll be participating in and who you plan to go with. If you're traveling abroad, your doctor may also advise you to get certain immunizations before you leave.
- Look into your prescription situation. If you're traveling for more than a week or so, be sure you have all your necessary prescriptions filled, and make sure:
 - you've looked into backup means for obtaining them should you lose them.
 - Tell your family and friends where you'll be staying and what you plan to do. An itinerary will be very helpful for your loved ones in the event of an emergency.
- Get travel insurance. Seniors should be responsible about purchasing travel insurance. If something goes wrong and you require medical treatment while abroad (or even just in an out-of-network area), you'll be thankful you're covered.
- Don't push yourself too hard. If you feel exhausted and like you've had enough physical stimulation for one day, go with your gut. Take a breather and relax—that's what vacation is for, after all!

HOW STRESS AFFECTS SENIORS, AND HOW TO MANAGE IT

Exercise, breathing techniques, and medication can help you manage stress as you get older.

Reprinted from Harvard Health Publishing
Harvard Medical School, 2016

We all experience a little stress from time to time. It's not so hard to handle when we're young. But as we age, coping with stress isn't as easy anymore. "We tend to have less resilience to stress, and older adults often find that stress affects them differently now," says Dr. Michelle Dossett, an internal and integrative medicine specialist at the Benson-Henry Institute for Mind Body Medicine.

Changes in response

What's different about coping with stress when we're older? "Our cells are aging. Heart fitness and lung capacity decline, especially if you're sedentary," says Dr. Dossett. That keeps us from adequately accommodating the body's natural stress response (see "What does stress do to your body?").

If you have a chronic disease, which is already a burden on the body, it's even harder to bounce back physically from the toll the stress response takes.

You may also feel a difference mentally. "Normally when we're stressed, our brains

get flooded with stress hormones, the midbrain takes over, and the front of the brain—which controls concentration, attention and decision-making—works less well. Stress hormones in the brain can also contribute to short-term memory problems that are unrelated to dementia or age-related memory loss. Restorative sleep helps to flush stress hormones from the brain. However, many older adults have sleep problems. Stress may make it more difficult to fall back asleep, and the inability to clear these stress hormones from the brain during sleep means that the cognitive effects of stress can worsen over time," says Dr. Dossett.

Changes in triggers

When you were younger, your stressors may have been a busy day at the office or a crying child. "Stressors that tend to affect seniors are the loss of a loved one; too much unstructured time on your hands; a change in relationships with children; or a loss of physical abilities, such as vision, hearing, balance, or mobility," says Dr. Dossett.

Symptoms of stress may include tension headaches, indigestion, heart palpitations, poor concentration, sleep difficulties, anxiety, irritability, crying, or overeating. If any of these symptoms are interfering with your quality of life, Dr. Dossett suggests that you seek help.

What you should do. If you're feeling stressed, Dr. Dossett recommends talking about your concerns with loved ones, and getting a physical check-up. "Stress may be having a physical impact on you that you're unaware of," says Dr. Dossett. Treatment may include addressing an underlying condition, such as high blood pressure. Eating a healthy diet and getting plenty of exercise are also important, as is nurturing yourself by pursuing activities that bring you joy, and making time to socialize.

A big part of stress management focuses on triggering the opposite of the stress response: the relaxation response, which helps lower blood pressure, heart rate, breathing rate, oxygen consumption, and stress hormones. Techniques to elicit the response include yoga, tai chi, meditation, guided imagery, and deep breathing exercises. "One breathing exercise is to inhale slowly, mentally counting 1-2-3-4, and then exhale slowly, silently counting 4-3-2-1," says Dr. Dossett.

Another treatment for stress is cognitive behavioral therapy, which helps you identify negative thinking and replace it with healthy or positive thoughts. "These are great skills, but they often don't work right away. So you may need medications, such as antidepressants, as a bridge," says Dr. Dossett.

CULTURE AND ARTS OFFERS FALL SNEAK PREVIEW

Imagine! Everything from the Beatles, to the Messiah, to Wil Shakespeare and a Halloween orchestral Spooktacular! Visit "The Planets," have a beer and some art on First Friday and crash a wedding with The Wedding Singer! Verily we say unto you:

walk the historic downtown of Quincy; fall in love with Puccini's bohemians, and the Sugar Plum Fairy! We have worked it out! Look for the details in the OLLI catalog and "Come Together" for some exciting culture and arts activities this fall!

OLLI BOOK CLUB TO MEET DURING SUMMER MONTHS

The Book Club will meet on the second Wednesday of each month at the main library and at 4 p.m. at Westminster Oaks. Ten wonderful books have been chosen for the upcoming year, starting in September with Jessica Shattuck's Women in the Castle. Other selections include: Big

Little Lies by Liane Moriarty, Killers of the Flower Moon: The Osage Murders and the Birth of The FBI by David Gann; The Light Between Oceans by M.L. Stedman and Beartown by Frederick Backman.

OLLI FRIENDSHIP FORCE SETS MEETING; TRAVEL PLANS FOR 2019

OLLI'S Friendship Force will meet on Friday, September 21 at 3:00 PM at the NE Library. All members of OLLI are automatically members of Friendship Force International; no separate dues are required.

FFI has over 450 clubs in 60 countries on 6 continents. Friendship Force is a non-profit cultural organization focused on promoting understanding, cultural education and citizen diplomacy through staying as guests in other club members homes. It's kind of an exchange student program for adults. The trips bring diverse people together into each other's cultures and homes to share one-of-a-kind experiences not available to regular tourists. The FFI website is www.friendshipforce.org

Friendship Force Outbound trip

Escape the Tallahassee summer heat and enjoy winter in July in Brazil. Our OLLI club will be visiting two cities, in Brazil: Campinas and Belo Horizonte in July 2019. The home stay cost for the two weeks is a total of \$660. Airfare will be additional. An optional side trip will include a two nights hotel stay at Iguazu Falls and guided tours of the falls at an additional cost. A visa is required for Brazil and can take up to six months to obtain. We are limited to only 20 travelers. Once twenty deposits are paid, additional travelers will be placed on a waitlist.

If you're interested, please email Wendy Johnston at mrswendyjohnston@gmail.com To see a video about Belo Horizonte, go to the Facebook page, "Friendship Force Belo Horizonte" and scroll down to view videos.

Friendship Force Inbound trip

In November 2019 we will be welcoming the FFI club from Mundo Maya de Tuxtla

Gutierrez, Mexico. They will spend one week with us and one week with another Florida club in the Tampa area. Spanish speaking home and dinner hosts are needed.

FOR PUBLICATION IN THE OLLI TIMES, CONTACT GEORGE AND
HARRIET WAAS at waas01@comcast.net



The Osher Lifelong Learning
Institute at
Florida State University

